



Healthy Family Weeknight Dinner Menu Plan: Shopping List

<u>Produce:</u>	<u>Oils, Vinegars @ Condiments:</u>	<u>Check Pantry For:</u>
2 Red Peppers	Hoisin Sauce	Eggs
Bibb lettuce	Balsamic Vinegar	Olive Oil
Carrots – 1 bunch	Capers – 1 jar	Corn Meal
Spinach	Sesame Oil	Italian Seasoning
4 large Portobello mushroom caps	Whole Grain Mustard	Chinese 5 Spice
Sliced mushrooms	Chicken Broth	Sugar
Garlic	Kalamata Olives	Salt and Pepper
Onion, red and white		
5 large sweet potatoes		
Lemon		
Tart Cherries		

<u>Canned & Bottled Goods</u>	<u>Dry Goods</u>
Salmon, two 6 -7 ounce cans	Brown Rice
Marinara Sauce – 1 jar	Pizza Crust Thin Wheat
<u>Fresh Herbs & Flavorings</u>	<u>Refrigerator Items & Dairy</u>
Cilantro	Parmesan Cheese – small container or chunk
Parsley	Ricotta Cheese – Low Fat
Ginger	Fontina Cheese – 4 ounces
Thyme	Greek Yogurt – 1 6 ounce container
Dill	
<u>Frozen Items</u>	<u>Meat & Poultry</u>
Green Beans	Ground Turkey – 1 pound
Frozen Hash Browns	4 Pork Chops
	2 Chicken Breasts